

WOMEN WELL DRESSED FOR OUTDOOR SPORTS

Present Day Athletic Costumes
at Once Becoming and
Practical.

NEW IN RIDING HABITS

Fashions for Motoring and Tennis—The Blazer Very Popular.

Every once in a while somebody remarks with devout thanksgiving in his tone that the athletic girl has gone out of fashion, that the fad for mannishness in sports and attire has subsided. This would be interesting if true. As a matter of fact, it is true that out of door sports are no longer a fad with women. Instead they are taken as a matter of course. Every girl who is brought up with any idea of a social career is educated in sports as carefully as in the three Rs, and the girl who does not ride, play a fair game of golf and tennis, swim and tramp through the country is sadly out of it in a summer community. If she hunts, fishes, runs her own car, sails her own boat, drives four-in-hand or tandem or plays polo, so much the better.

But as sports have become not a fad but a rational part of a girl's education, so the costumes for sports have lost their weirdness and taken on both the practical and the coquettish. The athletic girl today dresses appropriately for each sport, but dresses becomingly too, and each



season brings slight novelties or at least slight variations in sporting attire.

The use of the cross saddle habit is, of course, the most noticeable departure in riding clothes. Only a few years ago the woman who rode cross saddle was the exception, and here in New York cross saddle riding was practically taboo, but that has been changed. Practically all the young girls are being taught to ride astride and many of the older generation are adopting the cross saddle, at least for country riding and sports, though they may still ride a side saddle in the park.

The discussion as to the comparative safety of the two methods goes mainly on and the general opinion seems to be that the side saddle in this day of safety skirts is safer for a woman than the cross saddle, but the latter is better for the horse and possibly for the rider's figure. Meanwhile the habit makers are turning out a very larger percentage of cross saddle habits and that shows which way the wind is blowing.

The long coat and breeches seem to be having things very much their own way, though here and there one sees a divided skirt. The latter style is preferable for the elderly or distinctly stout woman who insists upon riding astride.

The cut of the coat varies in the closeness of its fitting, the flare of its skirts and its length. The coat most generally used is semi-fitting and reaches almost if not quite to the boot tops when the wearer is dismounted. Properly strapped down, this coat falls smoothly on each side of the saddle to the boot tops, but there are more radical coats of hunting type, whose sharply flaring skirts are much shorter than the conservative, long, loose coat.

Well fitted breeches, reinforced on the inner side with buckskin are made with the coat and are sometimes worn too with the side saddle skirt.

Both cross saddle and side saddle habits, the latter cut according to some one of the various safety devices, are made up in whipcord, in fine black and white check, and in linens for summer use, melton being reserved for more formal wear. The linen habits, chiefly in natural tone and in mixed black and white weave suggesting a pepper and salt gray, are very shapely garments nowadays, and when well shrunk, well cut and made of excellent material, are not only comfortable but practical, standing frequent rubbings without losing their admirable lines.



RIDING CLOTHES FOR CROSS AND SIDE SADDLES.

of weight and very soft, is the most comfortable summer footwear, but some women prefer the black boot and others affect the pigskin puttees worn with a tan laced boot of ordinary walking style.

The soft white silk riding shirt with mannish stock is perhaps the most comfortable and popular of men's blouses, but the severely tailored shirt of linen or of madras is also worn.

In hats the narrow brim, high crown, rough sailor and various pieces of the derby seem to have first place, the tricorne being less often seen this year than in other seasons. The straw derbies, light or dark, are comparatively new and have been taken up enthusiastically in England. The English models ranging all the way from a derby of narrow brim, closely rolled or straight, to a derby crown sailor shape, whose wide brim may roll very slightly or not at all. There are, too, combinations of black silk bowler crown and black straw brim among the riding derbies.

During hats of all kinds are rather more interesting than usual this season. To be sure, there is little that is absolutely new in shape, but new materials and combinations of material and new tricks of trimming are in evidence. The sponge which is so prominent as trim material and trimming has been used for

sort, tulle, quilted flowered silks, linens and cretonnes are all used for the stitched outing hats and for stiffer shapes in combination with straw.

Clever little tennis hats of the round close crown and narrow rolled and rim type are made in soft white felt or other soft material and have two tennis rackets, made from fine dark blue silk braid or cord, crossed on the front of the crown for the only trimming. The firm that shows these shows also an odd but uncommonly chic outing hat of white pan-

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ama around whose crown are posed, flat on the straw like Japanese silhouettes, small swallows in black and dark purple.

At first glance these applied silhouettes seem not to be in relief at all, but a closer examination reveals the fact that they are formed of tiny feathers and each bird is covered with tulle of exactly the color of the feathers holding the latter in place. This description is inadequate, but the effect is really as admirable as it is novel.

Of motor hats much has been written in these columns. There are innumerable fetching little bonnets and hats for motor purposes, all soft, clinging closely to the head, easily veiled.

Hot weather has brought out light weight motor coats and dust coats galore, and among the novelties is a dust coat of Italian silk such as is usually associated with undersuits. This finely woven, extraordinarily supple, light silk, in colors ranging from the light grays and ecru to taupe tones, dark blues and pruned shades, is made up in the simplest and severest of lines with a collar that can be adjusted high about the throat or rolled down, and long sleeves that can be strapped closely at the wrist. The weight of such a cloak is almost a negligible quantity; it can be packed into an absurdly small space, it is utterly uncrushable, and dust cannot penetrate it, so it is no wonder

that these coats, though not cheap, have sold readily for travelling and motoring purposes.

The linen motor coats of this summer are at their best exceedingly smart looking garments, as carefully cut and tailored as the models in cloth and quite as shapely. The soft heavy linens that do not crush readily are chosen and the best models are built up on severe lines, with no trimming save stitching and buttons.

Occasionally a lining or facing of color or of gayly flowered linen or cotton is used and shows in collar and cuffs, but the untrimmed models are really the best looking and the same is true of coats in soft, heavy tussor. A linen of supple yet firm weave in a rather large black and white check makes a chic coat when cut on strictly tailored lines, with loosely belted back, raglan sleeve, adjustable storm collar and no trimmings save big buttons in white and black pearl.

Eponge is another popular material for the summer motor coat and is good in all the khaki, sand and mode shades, and even the deeper snuff and ginger browns. A model mentioned in THE SIX early in the season when it first appeared, in wool, has been very successful in eponge and terry and is an extremely knowing looking coat selling at a surprisingly low price.

Very light weight sweaters of very fine fleecy Angora wool are shown and silk knitted sweaters as well as wool sweaters with collars, cuffs and pocket bindings of knitted silk in contrasting color are popular. The college and club color stripes used for the gray blazer coats are echoed in knitted sweaters.

The blazers are being done to death and many of them are too crude in coloring to be becoming, but they do brighten a summer outdoor scene, and worn with white skirts and little stitched hats of the stripe with rolled brim of white are gay and jaunty for youthful wearers. Less spectacular are the loose, comfortable Norfolk in soft wool. They are ample, well supplied with pockets sometimes but not necessarily and of bright solid color.



It is perfectly straight, clinging, severe, and buttons all the way up the side front, even up through the very high soft collar which swatches the neck closely, but may be turned down on soft revers faced with self-color satin. This same model is offered in wool and in silk and is a bit overpopular, but it certainly deserves its popularity.

Mohair, which if never a very elegant coat material does make a practical and substantial dust wrap for hot weather motoring, has been very cleverly used by some of the designers, and particularly in the soft grays with big white buttons rimmed in gray there are some exceedingly good looking models. The

grays are, by the way, very much liked for motor coats this season and there are coats of gray models in everything from homespun and tweeds to silk. Certain waterproof twilled silks suggesting whipcord make very serviceable and pretty dust coats and there are good things in tulle and in satin.

Of the wool coats little need be said. They are legion, fashioned from any and all of the light weight wools suitable for the purpose, tweeds, terry, serge, &c. White coats cannot perhaps be regarded as practical motor coats, but they play an important role in connection with summer sports and big, loose, sporty looking coats of white eponge, terry, rough serge and other effective stuffs are shown and worn; but the white polo coat of last year has passed.

Sweaters of the knitted kind are being hard pressed by the blazers and Norfolk coats and mackinaws, and perhaps for that reason have taken on many new variations. The English sweater coat on severe coat lines but knitted or woven to simulate knitting in soft Angora wool is considered very modish for real service and comes in attractive heather mixtures and in the soft grays, browns and greens.

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red or green or blue. White Norfolk coats of white and black check or stripe or fleck, of mixed tweeds, of corduroys or any material suitable for sporting wear in a separate coat are sanctioned by the fashion makers.

The plain and plaid mackinaws with or without hoods belong in the Norfolk class and have been worn by college girls for several years, but have only this season come into general use. The college girls too have popularized the black rubber coat and sou'wester for rainy weather wear, and while the costume might not look well on Fifth Avenue it has much to recommend it for sporting uses, making the wearer more secure against heavy rain than any of the dressier raincoats and more conventional hats.

As for the becomingness of the garb, any one who has crossed Smith College campus on a rainy day will be ready to testify that a regulation mannish rubber coat and a sou'wester look amazingly well on a young woman. The same costume in olefin instead of rubber is a valuable thing for the girl who sails.

There is no distinctive yachting costume nowadays, embroidered anchors and all that sort of thing being taboo along with visored yachting caps; but a certain sort of thing always looks particularly well aboard a yacht. The big, loose, warm coat, severely plain in finish and made in rough, white wool or in blue with some relieving touch of white, is always good, and white serge suits or frocks are in order. The idea so much liked this season of the blue coat with white skirt works out well in yachting costume, and linen frocks of a trim and simple sort are always tucked into the yachting outfit.

Appropos of white serge, a particularly attractive model from a famous maker has a plain skirt buttoning all the way down the front and is worn with a very simple blouse of soft, heavy, white peau de crepe. The coat of white serge is a sleeveless Norfolk, stitched around the rather large armholes, made with large collar and loosely belted.

For tennis wear any very simple linen or serge or cotton frock will do, provided the skirt and blouse allow perfect freedom of movement. The accordion plaited skirts, once more in fashion, are pretty and comfortable for tennis if made in soft material, and the short, loose sleeve, wide at bottom, which is seen on many of the summer morning frocks is just the thing for tennis. A wide-wale pique skirt and mannish shirt, a white serge skirt and India silk shirt or a plain white skirt and any very simple tub blouse make a satisfactory costume for either tennis or golf, provided no coat or sweater is needed.

ETIQUETTE IN NOTE PAPER.

To the average American woman of twenty years ago note paper was a piece of clean white paper used to write letters on. When she found that her supply had run out she went, as a rule, to the nearest stationery store, where nine times out of ten she bought the very first box that was shown her. In the large department stores of the larger cities many a woman bought paper simply because it had an attractive box, and was inexpensive. The paper, of course, was seldom good. There were some manufacturers at that time who made very fine paper, and who turned out initialed and monogrammed paper of the finest texture, but there were not as many as there are now.

To-day, however, conditions are very different. As a nation we have been rushing ahead these past twenty years, and our private lives have grown accordingly, until now milder must have just this size paper for this letter, another size for that milder, a card for this note, and in each case the envelope must match exactly.

The reason for this is readily understood. It is really by the little things of life that a person's character is determined, and bad taste in note paper speaks just as loudly as does a missing button or an untied shoe lace. By looking at the size, shade and color of one's paper one can generally tell something of its owner's character. There is the flashy, loud person, with the shade of pink or blue, the careless person with the cheap paper on which the ink blurs, or the dainty lady with her high glossed white paper, which bears her monogram, and the businesslike woman who uses a large heavy sheet.

There have always been "latest fashions" in note paper as in everything else, but they are seldom headed by the finest ladies of our land. For her there are three sizes of fine textured white paper. The smallest size should be an oblong of about 3½ by 5 inches. This is for the little notes, such as those used for regrets, congratulations or sympathy. This size paper is often replaced, however, by the correspondence card, that handy little piece of paste-board that has become so much used during the past two or three years.

The second size should be a little larger, six inches, and is used for social letters and informal invitations, or for a letter that does not require much length.

The third size is quite a bit larger (9½ by 6 inches) and that is used for the real heart to heart talks that one has by way of the mail bag. It is a big paper, with lots of room for the gossip that the waiting friend is so anxious to hear. A new style of paper that has just been introduced is a double sheet 5½ by 8½ inches in size. The novelty of this paper is that it is not folded, but is enclosed in an envelope of the same size.

The decoration of all these papers should be very simple. While it is not incorrect to have a border, and a border often looks very pretty, there is nothing so elegant or better than the simple embossed address or crest.

The envelopes that go with these papers are in exact proportion. The shape of the flap of the envelope changes continually, so much so that often it is hard to say just what shape is correct. At present the pointed flap is in vogue. Another fad that has come in recently is the thin lining for the envelope. It is a foreign idea and it has "caught on" in this country. This lining is the thinnest of tissue paper and gray and blue are the leading colors. It gives a smart appearance to the letter and it entirely conceals the writing. As for the decoration of the envelope, that is a matter of taste, though the plain envelope is the best form. If one does use a monogram or a crest it should be placed either on the flap or the upper left hand corner and should be very small.

A quarter of an inch border is sufficiently wide for mourning paper. It is absurd to measure one's grief by the band of black upon one's stationery. Mourning paper should not be used after the first year.

Personal paper bearing one's full house address is a great help to one's friends if one lives in town and an absolute necessity if one is out of the city. The country house paper should bear the long distance telephone number and the full post office address. This will insure quick reply. It is a proper thing for a hostess to leave note papers of all sizes in the guests' rooms. It is also well to leave some one and two cent stamps with the paper.

THE NO MEAT DINNER URGED FOR SUMMER

Mrs. Gesine Lemcke Points Out
Possibilities of a Vegetarian Diet

SALADS, CHEESE AND EGGS

Dishes Which Are Said to Improve the Health and the Looks Alike.

Mrs. Gesine Lemcke, the cooking teacher, is a strong advocate of a vegetable diet for the summer. She says it will improve the health, looks and complexion and do much to drive away the blues. The dishes included in a vegetarian diet are quite as nourishing as meat dishes, she declares, and are daintier to serve.

"When you talk to women about the no meat dinner," said Mrs. Lemcke, "most of them at once think of fish. Fish is a delicate and delightful food, but it must be admitted that its cooking calls for a certain amount of care and dexterity in its preparation. When it is fried, rather than baked or broiled, great care must be given to ventilation so that odors may be avoided.

"But beyond fish there are many kinds of food which may replace chops and steaks and chickens. There is rice, for instance, which is not properly appreciated in this country, although the famous curry chef Joe, who was at Sherry's for several seasons, did much to popularize it.

"There are the various paste foods used by the Italians which are far more in favor with Americans than rice. The natives of Italy are natural vegetarians, living largely on green salads, bread, red wine and various garden products.

"Fruit salads, made from fruits combined with lettuce or Romaine and served with a French dressing, are finding great approval with American diners. They are refreshing, appetizing and of tonic qualities and quite as satisfying as the usual meat dishes at this summer season, when the palate demands a change.

"Bananas, which are among the most nourishing of fruits, should have a place in all fruit salads. Oranges and grapefruit appear among the best salad fruits; pears and apples combine delightfully with celery. Every no meat dinner should have a bountiful dish of fruit salad, varied from day to day as to materials. It should be kept in a cool refrigerator for an hour or so before being served, as this improves it largely in flavor.

"One of the 400 or 500 dishes made from eggs should appear at the no meat dinner. In this country we associate eggs with breakfast, but the French cooks have taught us the delicious things that may be prepared from eggs in combination with vegetables and sauces which make them pleasing to the eye and the palate.

At the old Hoffman House they made a combination of a tomato, peeled and scooped out and filled with an egg, baked and served with a bearnaise sauce. This was called eggs Benedict and was famous with epicures. But eggs and omelets offer an almost unlimited field for varying a bill of fare. You could serve eggs in a different style every day of a year and still have several unused recipes.

"Cheese is another of the misunderstood foods. Many people think of cheese as something that comes after dinner, but it makes the best part of the Italian dinner in its many combinations with vegetables and macaroni.

"Then there is the cheese soufflé and the cheese fondue—cheese cooked together with eggs and baked till golden brown. These are among the dishes that should be cultivated for the home table.

"Some Italian cooks can do wonderful things with beans, cooking them in some way that sends them to the dinner room resembling ivory. The Italians use many meat juices in the preparation of vegetables; also wines and various herbs and essences. Their cookery is very distinctive and they are, of course, unsurpassed in the making of the various pastes that take the place of meat with them. Lentils, artichokes and mushrooms are quite as good as meat when properly prepared and served.

"Egg plant is used by vegetarians cut in the shape of chops and cutlets, breaded and fried. In some of the foreign shops dried mushrooms may be bought, and they can be cooked with great success when they are properly seasoned. Of course they are not as tempting as fresh mushrooms, but there is all the strength of meat in them.

"Soups in great variety may be prepared from vegetables, but for the summer it seems as though soup might be appropriately dispensed with as a first course.

"Grape fruit and of course melon make a good beginning for a dinner. Small clams are liked by most people and the custom is growing for the service of hors d'oeuvres in place of soup. They certainly form an attractive dish and it is quite possible to get them up at home, as nearly all of the small fish, sardines, anchovies, &c., can be obtained at the cooked food stores.

"Olives, carciofi, smoked salmon, imported sausage are all to be had in whatever quantity is desired. Plenty of lemon juice should be used with them. The salads for this course can all be prepared at home. Small, sweet red peppers are good mixed with celery and potato salad.

"There are large China dishes and divisions made specially for hors d'oeuvres and they are much more effective if passed in this way than if separate dishes are used. With a dinner at which the food makes a novelty and they do not cost much, all these things help out when a house-keeping woman decides to lull the butler. Men are the ones who, as a general thing, object to meatless meals. Women and children are apt to prefer puddings and pastries, fruit, ice cream, cakes and salads.

"As an experiment it would be interesting to know how many housekeepers could succeed in satisfying their families with the meatless dinners. They could not do so by simply omitting meat and providing no substitutes.